

# Workout

## Elephant Man

Skubay!!! (Hey!!!) away!!!  
Yuh jiggy body!!! Yuh jiggy body!!!  
A ready ready ready ready ready ready ready ready  
Elephant and Lil Jon (Elephant Man) we ready  
A ready ready ready ready ready ready ready ready  
Ready ready ready ready when yuh ready (Lil Jon!!!) (Elephant Man: Eastside  
Boyz!!!) (DJ Twin!!!)

Hey! Jamaica!!! (Ladies!!! Skubay!!!)  
New York, ATL!!! (Yuh jiggy body!!!) Miami (Hey!)

Big girls if yuh waan get slim (Come on!!!)  
Welcome to we dancin gym (Yep!!!)  
Model off if yuh waan get trim (Ladies!!!)  
Welcome to we dancin gym (Everybody now!!!)  
Do di belly dance and swing (Alright!!!)  
Welcome to we dancin gym (Eastside girls!!!)  
Elephant Man and di crunk king (That's true!!!)  
Seh welcome to we dancin gym (Come on!!!)

Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Yuh jiggy body!!! Yuh jiggy body!!!)  
Bend over to the front, touch your toes  
(Yuh jiggy body!!! Yuh jiggy body!!!)  
Bend over to the front, touch your toes  
(A ready ready ready ready ready ready ready!!!)

(Warm up) Hands up (Warm up) hands up (Warm up)  
Everybody let mi see yuh hands up  
(Warm up) Hands up (Warm up) hands up (Warm up)  
Everybody let mi see yuh hands up  
(Scooby Doo) Scooby Doo (Scooby Doo) Scooby Doo  
Scooby dooby dooby dooby dooby Doo (Lil Jon: Hey!)  
(Scooby Doo) Scooby Doo (Scooby Doo) Scooby Doo  
Scooby dooby dooby dooby dooby Doo

Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Rockaway!!! Rockaway!!! Rockaway!!!)  
Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes

(A ready ready ready ready ready ready ready!!!)

Tambourine (Tambourine) tambourine (Tambourine)  
ATL oonu fi do tambourine  
(Tambourine) Tambourine (Tambourine)  
Tambourine (Tambourine)  
New York girls yuh fi do tambourine (Weh yuh seh?)  
Signal di plane (Signal di plane) signal di plane (Signal di plane)  
Signal di plane becau yuh hand dem nuh lame  
(Weh yuh seh?) Signal di plane (Signal di plane)  
Signal di plane (Signal di plane)  
A ready ready ready ready ready ready ready!!!  
Tunda clap (Tunda clap) Tunda clap (Tunda clap)  
Tunda clap yuh body fit yuh nah stop (Weh yuh seh?)  
Tunda clap (Tunda clap) Tunda clap (Tunda clap)  
Tunda clap yuh body fit yuh nah stop  
Rockaway (Rockaway) rockaway (Rockaway)  
Yuh nuh know a so Jamaicans stay  
Rockaway (Rockaway) rockaway (Rockaway)  
Yuh nuh know a so di gangstas stay  
Flowers a bloom (Flowers a bloom)  
Flowers a bloom (Flowers a bloom)  
Do yuh hands like yuh circle di moon (Weh yuh seh?)  
Flowers a bloom (Flowers a bloom)  
Flowers a bloom (Flowers a bloom)  
Do yuh hands like yuh circle di moon

Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Rockaway!!! Rockaway!!! Rockaway!!!)  
Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Ladies!!! Straighten it!!!)  
Bend over to the front, touch your toes

Shorty crunk, on the floor wide open  
Skeet so much they call her Billy Ocean  
Roll, like a eighteen wheeler  
That girl fine but this girl a killer  
She leakin, she soakin wet  
She leakin, she soakin wet (Elephant Man: Come on!!!)  
Shake it like a salt shaker  
(LJ: Shake it like a salt shaker!!!)  
Shake it like a salt shaker  
(LJ: Shake it like a salt shaker!!!)

J-A-M-A-I-C-A Jamaica!!!  
As di next dance gone one come back in  
Why dem badmind yuh through yuh dancin (Let's go!!!)  
J-A-M-A-I-C-A Jamaica!!!  
As di next dance gone one come back in  
Why dem badmind yuh through yuh dancing (Hey! Hey! Hey!)  
Come on!!!

Now don't start no shit won't be no shit!!!  
Don't start no shit won't be no shit!!!  
Don't start no shit won't be no shit!!!

Don't start no shit won't be no shit!!!

Some gal caan go dung low, some caan go dung low  
(ATL girls)Gal from yuh know old age nah run  
Yuh don't wine go dung low

Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Straighten it!!!)  
Bend over to the front, touch your toes  
(Rockaway!!! Rockaway!!! Rockaway!!!)  
Let me see you bend over to the front, touch your toes (Straighten it!!!)  
Bend over to the front, touch your toes  
(Come on!!! Straighten it!!!)  
Bend over to the front, touch your toes  
(Ladies!!! Straighten it!!!)  
Bend over to the front, touch your toes

Big girls if yuh waan get slim (Come on!!!)  
Welcome to we dancin gym (Yep!!!)  
Model off if yuh waan get trim (Ladies!!!)  
Welcome to we dancin gym (Everybody now!!!)  
Do di belly dance and swing (Alright!!!)  
Welcome to we dancin gym (Eastside girls!!!)  
Elephant Man and di crunk king (That's true!!!)  
Seh welcome to we dancin gym (Come on!!!)